

CENTRAL DISTRICT HEALTH DEPARTMENT SUMMARY

SUMMARY OF SIGNIFICANT DIFFERENCES COMPARED TO NEBRASKA

- In 2007-2008, prevalence of sigmoidoscopies/colonoscopies was significantly worse in the Central District, while prevalence of blood stool testing was significantly better in this District compared to the state overall.

SUMMARY OF SIGNIFICANT DIFFERENCES OVER TIME

- In 2007, significant improvement was noted in prevalence of high blood cholesterol levels among Central District adults, compared to 2005.

HEALTH CARE ACCESS

In 2007-2008, 15.1 percent of Central District residents aged 18 to 64 years reported having no health insurance at the time of the survey.

Among Central District adults, 13.5 percent did not have a personal doctor or health care provider.

One in ten District adults (9.7 percent) stated that, at some time in the past year, they needed to see a doctor but could not due to the potential cost of care. Women (13.5 percent) in this District were significantly more likely than men (6.0 percent) to report being unable to visit a physician due to cost of health care.

Six out of ten adults (61.3 percent) reported visiting a doctor for a routine checkup in the past year. Central District women (69.0 percent) were significantly more likely than men in this area (53.9 percent) to have had a checkup in the last 12 months.

GENERAL EMERGENCY PREPAREDNESS

In the Central District, 15.3 percent of adults indicated their household was not prepared for a major disaster. Women (26.6 percent) were significantly more likely than men (4.9 percent) in this District to report being unprepared. Central District men were also significantly less likely than men statewide to say they were not at all prepared for a large-scale emergency.

Three-fourths of adults in this District (74.3 percent) stated that they did not have a written disaster evacuation plan.

More than one-half of BRFSS respondents in the Central District (54.3 percent) did not have a three-day supply of water on hand. Women (65.5 percent) were significantly more likely than men (41.3 percent) to report being without an adequate supply of water, in case of an emergency.

Although most Central District households had a three-day supply of non-perishable food, respondents from 15.5 percent of households said they did not. Similarly, 9.2 percent of respondents indicated they did not have a three-day supply of prescription drugs on hand for all household members who required them.

One in seven households (14.9 percent) did not have a working battery-powered radio and 3.6 percent did not have a working battery-powered flashlight, at the time of the survey.

The great majority of BRFSS respondents in the Central District said they would leave their homes if public authorities announced a mandatory evacuation due to a large-scale disaster or emergency, but 4.4 percent stated they would not do so. Men (7.5 percent) were significantly more likely than women (1.2 percent) in this District to refuse to evacuate if requested.

Three-fourths of Central District adults (75.0 percent) would use a cell phone as their primary means of communication with family and friends in an emergency situation. More than one-half (56.5 percent) said they would use a radio as their means of getting information from public officials in the event of a disaster.

HEALTH-RELATED QUALITY OF LIFE

Among Central District adults, 86.2 percent considered their general health “good”, “very good”, or “excellent.”

Central District adults averaged 3.1 days in the past month when their physical health was “not good” and 2.5 days when their mental health was “not good”. Women averaged a significantly greater number of days (3.5 days) with poor mental health than men (1.5 percent) did.

Among Central District adults who reported days when physical or mental health was “not good”, these

problems prevented them from participating in their usual activities an average of 3.9 days in the past month.

DISABILITY

In 2007-2008, 18.3 percent of adults in this District stated that they have experienced limitation in one or more activities due to physical, mental, or emotional problems.

A health problem that requires them to use special equipment such as a cane, wheelchair, a special bed, or a special telephone was reported by 5.7 percent of adults in the Central District.

MENTAL HEALTH

One in twenty Central District adults (4.8 percent) reported serious psychological distress (SPD) in the past 30 days in 2007.

Current depression (based on a Severity of Depression score of 10 or more) was reported by 11.5 percent of adults in 2008.

A slightly larger proportion of adults (16.1 percent) said they had ever been diagnosed with a depressive disorder, while 11.8 percent stated they had received a diagnosis of an anxiety disorder at sometime in their life. Women in the Central District (21.5 percent) were significantly more likely than men (4.7 percent) to have a lifetime diagnosis of anxiety.

CARDIOVASCULAR DISEASE

In the Central District, 4.5 percent of adults said they ever had a heart attack. A significantly greater proportion of men (7.0 percent) reported ever having a heart attack, compared to women (2.2 percent).

The proportion of BRFSS respondents who were ever told they had angina or coronary heart disease was 4.3 percent in the Central District, while 2.7 percent said they were ever told they had a stroke.

The proportion of adults who had ever been told by a doctor or other health professional that they have high blood pressure was 23.3 percent in 2007.

The majority of Central District respondents (71.6 percent) ever had their cholesterol level checked and 68.7 percent had it tested in the past five years.

Among respondents who ever had their blood cholesterol level checked, 26.8 percent had been told it was high. This current rate is significantly lower than the 2005 rate of 40.2 percent.

DIABETES

Among Central District residents, 7.9 percent had ever been told they have diabetes. (This estimate does not include persons told they had gestational diabetes or pre-diabetes).

ARTHRITIS

More than one-fourth of adults in this District (27.9 percent) reported ever being diagnosed with arthritis.

ASTHMA

The proportion of adults who had ever been told they had asthma was 11.6 percent, while 7.6 percent currently have this disease.

OVERWEIGHT AND OBESITY

More than three in ten adults residing in the Central District (30.8 percent) reported heights and weights that placed them in the “obese” category (Body Mass Index = 30.0+). An additional 38.2 percent were classified as “overweight” (Body Mass Index = 25.0-29.9). Thus, more than two-thirds of adults (69.0 percent) were overweight or obese in 2007-2008.

Men in this District (44.5 percent) were significantly more likely than women (31.5 percent) to report heights and weights that placed them in the overweight category.

FRUIT AND VEGETABLE CONSUMPTION

Nearly one-fourth of Central District adults (24.0 percent) consumed fruits and/or vegetables five or more times daily.

PHYSICAL ACTIVITY

More than one-fourth of respondents in this District (27.0 percent) stated that they had not participated in any leisure-time physical activity (outside of work) in the past month.

However, nearly one-half (48.9 percent) had participated in the recommended level of “moderate

and/or vigorous” physical activity in a usual week. The recommended level of “vigorous” physical activity in a usual week was reported by 27.6 percent of Central District respondents.

TOBACCO USE

About one-sixth of Central District adults (16.5 percent) said they currently smoke cigarettes, either daily or on some days of the month.

Among current smokers, 52.2 percent reported trying to quit smoking at least once in the past 12 months.

In the Central District, 43.5 percent of men said they had ever used smokeless tobacco, while 15.3 percent report currently using these tobacco products.

ALCOHOL CONSUMPTION

Binge drinking was reported by 14.1 percent of District adults, with men (19.4 percent) significantly more likely than women (8.6 percent) to say they participated in this pattern of alcohol consumption.

A much smaller proportion of Central District respondents (3.3 percent) indicated they engaged in heavy drinking in the past 30 days, while 3.6 percent reported drinking and driving in the last month.

CANCER SCREENING

Among women aged 40 and older in this District, 63.3 percent stated they had a mammogram in the past two years.

Among women aged 18 and older, 94.5 percent reported ever having a Pap test, while 73.5 percent said they had this test within the past three years.

Most men aged 50 and older (82.2 percent) in the Central District indicated that they ever had a PSA test to screen for prostate cancer, while 68.8 percent said they had this test in the past two years.

In the Central District, a significantly smaller proportion of adults aged 50 and older (49.2 percent) reported ever having a colonoscopy or sigmoidoscopy, compared to Nebraska. Women in this District (46.5 percent) were also significantly less likely than women statewide to have ever had this exam.

On the other hand, rates of blood stool testing among adults in the Central District were significantly higher

than statewide rates for men (31.2 percent), women (32.6 percent), and total adults (31.7 percent).

IMMUNIZATION

Three-fourths of adults aged 65 and older in this Health District (76.0 percent) said they had been vaccinated for influenza in the past 12 months.

Two-thirds of Central District adults in this age group (68.5 percent) reported ever having a pneumonia vaccination.

ORAL HEALTH

Seven out of ten adults in this District had visited a dentist (71.3 percent) and had their teeth cleaned (70.8 percent) in the past 12 months.

One-third of adults (34.1 percent) stated they had one or more teeth extracted due to decay or gum disease.

Among adults aged 65 and older, 20.5 percent reported having all their teeth extracted because of these dental problems.

CENTRAL DISTRICT HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN		WOMEN		Gender Difference Significant?
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Sample Size	Weighted % or Mean	Compared to State
HEALTH CARE ACCESS								
1. No health care coverage among adults 18-64 years old	924	15.1	NS	362	15.4	562	14.8	NS
2. Did not have one or more than one person that they thought of as their personal doctor or health care provider	1,329	13.5	NS	493	16.3	836	10.7	NS
3. Needed to see a doctor in past year but could not because of cost	1,329	9.7	NS	495	6.0	834	13.5	NS
4. Visited a doctor for a routine checkup within the past year	1,315	61.3	NS	489	53.9	826	69.0	NS
GENERAL EMERGENCY PREPAREDNESS								
1. Household not prepared for major disaster	505	15.3	NS	172	4.9	333	26.6	Sig
2. Household has no disaster evacuation plan	500	74.3	NS	172	70.1	328	78.5	NS
3. Does not have at least 3-day supply of water	498	54.3	NS	171	41.3	327	65.5	NS
4. Does not have at least 3-day supply of non-perishable food	502	15.5	NS	170	14	332	16.7	NS
5. Does not have at least 3-day supply of prescription drugs	507	9.2	NS	173	5.4	334	12.9	NS
6. Household has no working battery-powered radio	500	14.9	NS	171	8.8	329	21.0	NS
7. Household has no working battery-powered flashlight	506	3.6	NS	172	1.8	334	5.6	NS
8. Household would not leave home if evacuation were required	470	4.4	NS	153	7.5	317	1.2	NS
9. Household would use cell phone as main source of communication	477	75.0	NS	167	74.4	310	75.7	NS
10. Household would use radio as main source of information	483	56.5	NS	167	62.5	316	51.9	NS
HEALTH-RELATED QUALITY OF LIFE								
1. General health was 'good' to 'excellent'	1,332	86.2	NS	495	87.4	837	84.9	NS
2. Average number of days (in past month) that physical health was not good	1,301	3.1	NS	481	2.8	820	3.4	NS
3. Average number of days (in past month) that mental health was not good	1,312	2.5	NS	485	1.5	827	3.5	NS
4. Average number of days (in past month) that poor physical or mental health prevented usual activities	625	3.9	NS	204	4.4	421	3.6	NS
DISABILITY								
1. Limited in any way in any activities due to physical, mental or emotional problems	1,323	18.3	NS	490	18.7	833	17.9	NS
2. Have health problems requiring use of special equipment	1,327	5.7	NS	494	5.6	833	5.7	NS
MENTAL HEALTH								
1. Had serious psychological distress (SPD) in past 30 days	271	4.8	NS	95	3.7	176	6.4	NS
2. Have current depression (based on Severity of Depression score of 10+)	228	11.5	NS	91	10.5	137	13.8	NS
3. Lifetime diagnosis of depressive disorder	247	16.1	NS	99	8.1	148	25.3	NS
4. Lifetime diagnosis of anxiety disorder	249	11.8	NS	101	4.7	148	21.5	NS

CENTRAL DISTRICT HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN		WOMEN		Gender Difference Significant?
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Sample Size	Weighted % or Mean	Compared to State
CARDIOVASCULAR DISEASE								
1. Ever told they had a heart attack or myocardial infarction	1,327	4.5	NS	492	7.0	835	2.2	NS
2. Ever told they had angina or coronary heart disease	1,312	4.3	NS	487	5.1	825	3.8	NS
3. Ever told they had a stroke	1,328	2.7	NS	491	2.6	837	2.8	NS
4. Ever told blood pressure was high	557	23.3	NS	209	25.3	348	20.9	NS
5. Ever had cholesterol level checked	547	71.6	NS	205	71.4	342	72.1	NS
6. Had cholesterol level checked during the past five years	543	68.7	NS	203	68.4	340	69.5	NS
7. Ever told cholesterol was high, among those who had ever been screened	458	26.8	NS	171	30.3	287	23.5	NS
DIABETES								
1. Ever told they had diabetes (excluding gestational and pre-diabetes)	1,331	7.9	NS	495	9.3	836	6.7	NS
ARTHRITIS								
1. Ever diagnosed with arthritis	548	27.9	NS	207	26.2	341	29.0	NS
ASTHMA								
1. Ever told they had asthma	1,329	11.6	NS	494	10.8	835	12.4	NS
2. Currently have asthma	1,325	7.6	NS	493	7.1	832	8.1	NS
OVERWEIGHT AND OBESITY								
1. Obese (BMI=30+)	1,265	30.8	NS	486	34.5	779	26.8	NS
2. Overweight (BMI=25.0-29.9)	1,265	38.2	NS	486	44.5	779	31.5	NS
FRUIT AND VEGETABLE CONSUMPTION								
1. Consumed fruits and vegetables 5 or more times per day	10,682	24.0	NS	207	21.0	340	28.9	NS
PHYSICAL ACTIVITY								
1. Did not engage in any leisure-time physical activity, outside of work, in past 30 days	1,329	27.0	NS	494	25.6	835	28.1	NS
2. Participated in recommended level of moderate or vigorous physical activity in a usual week	507	48.9	NS	189	47.5	318	50.2	NS
3. Participated in vigorous physical activity 20+ minutes per day, 3+ days per week in a usual week	524	27.6	NS	193	28	331	26.9	NS
TOBACCO USE								
1. Currently smoke cigarettes (either every day or on some days of the month)	1,325	16.5	NS	491	17.4	834	15.5	NS
2. Attempted to quit smoking in past 12 months (among current smokers)	195	52.2	NS	81	51.7	114	53.0	NS
3. Ever used smokeless tobacco (males)	--	--	--	277	43.5	--	--	--
4. Currently use smokeless tobacco (males)	--	--	--	107	15.3	--	--	--

CENTRAL DISTRICT HEALTH DEPARTMENT: SUMMARY TABLE

INDICATORS	OVERALL			MEN		WOMEN		Gender Difference Significant?
	Sample Size	Weighted % or Mean	Compared to State	Sample Size	Weighted % or Mean	Sample Size	Weighted % or Mean	Compared to State
ALCOHOL CONSUMPTION								
1. Engaged in binge drinking in the past 30 days	553	14.1	NS	206	19.4	347	8.6	NS
2. Engaged in heavy (chronic) drinking in the past 30 days	1,298	3.3	NS	477	4.3	821	2.2	NS
3. Engaged in drinking and driving in the past 30 days	360	3.6	NS	161	4.6	199	2.3	NS
CANCER SCREENING								
1. Among women aged 40+, had a mammogram in the past two years	--	--	--	--	--	518	63.3	NS
2. Among women aged 18+, ever had a Pap test	--	--	--	--	--	660	94.5	NS
3. Among women aged 18+, had a Pap test in the past three years	--	--	--	--	--	653	73.5	NS
4. Among men aged 50+, ever had a Prostate-Specific Antigen (PSA) test	--	--	--	63	82.2	--	--	--
5. Among men aged 50+, had a Prostate-Specific Antigen (PSA) test in past two years	--	--	--	63	68.8	--	--	--
6. Among men aged 50+, ever had a digital rectal exam (DRE)	--	--	--	63	87.4	--	--	--
7. Among men aged 50+, had a DRE in past two years	--	--	--	62	58.1	--	--	--
8. Among adults aged 50+, ever had a colonoscopy or sigmoidoscopy	652	49.2	Sig.	233	52.4	419	46.5	Sig.
9. Among adults aged 50+, had a blood stool test in past two years	610	31.7	Sig.	223	31.2	387	32.6	Sig.
IMMUNIZATION								
1. Had a flu shot in past 12 months (aged 65+)	403	76.0	NS	132	76.8	271	75.4	NS
2. Ever had a pneumonia vaccination (aged 65+)	399	68.5	NS	130	72.3	269	65.7	NS
ORAL HEALTH								
1. Visited the dentist in past 12 months	764	71.3	NS	282	72.0	482	70.8	NS
2. Had teeth cleaned in past 12 months	694	70.8	NS	265	70.4	429	70.9	NS
3. Had one or more teeth extracted due to decay or gum disease	760	34.1	NS	281	34.1	479	34.2	NS
4. Had all of their teeth extracted (aged 65+)	235	20.5	NS	79	13.7	156	25.9	NS

NOTES:

"Weighted % or mean" is weighted by health district, gender, and age.

"NS" = Not Significant and "Sig." = Significant. These denote whether or not the district percentage/mean is significantly different from the State of Nebraska percentage/mean, based on age-adjusted 95% confidence interval overlap.